

3-4-2010

# The Pacifican March 4, 2010

University of the Pacific

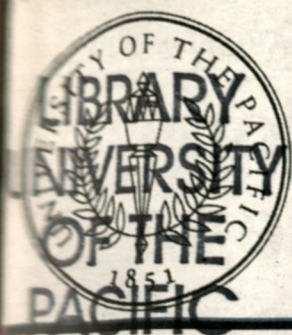
Follow this and additional works at: <https://scholarlycommons.pacific.edu/pacifican>

## Recommended Citation

University of the Pacific, "The Pacifican March 4, 2010" (2010). *The Pacifican*. 177.  
<https://scholarlycommons.pacific.edu/pacifican/177>

This Newsletter is brought to you for free and open access by the University of the Pacific Publications at Scholarly Commons. It has been accepted for inclusion in The Pacifican by an authorized administrator of Scholarly Commons. For more information, please contact [mgibney@pacific.edu](mailto:mgibney@pacific.edu).





# The Pacifican

University of the Pacific's Newspaper since 1908

Volume 101,  
Issue 24

Thursday,  
March 4, 2010

www.thepacifican.com

## Politics and Promises... Who Will Be Our Next ASUOP President?



Joshua Espejo & Dayne Menardo



Ruben Moreno & Lauren Short



Kerry Robinson & Nancy Nguyen

**Karla Cortez**  
Staff Writer

The ASuop Presidential candidate debate Monday night at the Lair held elements of fact, opinion, and a healthy dose of entertainment for those who watched. Questions were thrown, platforms were repeated and true colors shown as the candidates expressed why they were the ones best suited to represent Pacific students. Analyzing the subtleties, observers can see past the masks of professionalism thrown on by the candidates to really know where the strengths and weaknesses of each candidate lie. In truth, there is no such thing as perfection; there is only the right candidate to fit the hopes that voters have for ASuop next year.

The first candidate to speak and introduce herself and her platform at the ASuop debate was Kerry Robinson, a member of the Black Student Union and Pride. Robinson's running-mate for vice-president was Nancy Nguyen, who is involved in CCI and Delta Sigma Pi. The platform on which these ladies ran was one of community outreach and better student involvement with the use of arts and entertainment. One of their more unique goals was to



Harshan Samra & Kobé Armah

make Cowell more accessible to students and establish ASuop as a resource for clubs and student development.

The Nathan Quist and Alex Shulte ticket then introduced their platform. Their goals for the next ASuop administration are to advocate for clubs to make them more public and to improve the campus community with more events and to implement a campus-wide calendar to publicize these. Quist claims that with his ambassador experience and the endorsement he has of future senators make him a good candidate who is not inclined to lean toward Pacific administration.

Ruben Moreno and Lauren Short came next in line, introducing their background of experience in the Senate, the Pacifican and also from the

point of view of the "typical student" as claimed by Lauren Short. Moreno stressed his involvement and connections with the Stockton community, which may give him the opportunity to finally bridge the two. Moreno also made it his goal to advocate more publicity about funding for clubs and the radio station on campus. Moreno was the target of most of the questions throughout the night.

The next candidate ticket to introduce a platform was Harshan Singh Samra and Kobé Armah who want to bring transparency as well as a more student-involved administration. They advocate an incentive program to increase club membership and a State of Pacific address to inform students of events on campus.

The final administration is



Nathan Quist & Alex Shulte

the Joshua Espejos and Dayne Menardo who hope to bring awareness of organizations and club events to the campus with the use of the new Gmail accounts and a calendar of events. They claim to have much experience from their involvement in different organizations which will give them the ability to bring "Pacific to you."

To vote visit [asuop.pacific.edu](http://asuop.pacific.edu) and click on 'Vote.'

### CORRECTION

In the photo caption for the LGBTQIA article in last week's issue, Kyle Turner was given an incorrect officer title for the PRIDE Alliance on campus. Turner is the current treasurer of the PRIDE Alliance.

## inside this issue

### NEWS

Highest Tuition  
Increase Proposed  
Page 3

### PERSPECTIVES

Are Bon Appetit  
Rumors true?  
Page 6

### LIFESTYLES

Green Gals  
On Air  
Page 9

### SPORTS

Baseball Wins  
Second Series  
Page 10

## index

Public Safety Report	2
Staff Information	4
Nutricat Corner	9
Sports Schedule	11



## UNIVERSITY OF THE PACIFIC DEPARTMENT OF PUBLIC SAFETY WEEKLY REPORT February 21 - 27, 2010

For updated information, please join Public Safety on Facebook and Twitter at <http://web.pacific.edu/x499.xml>

### AIDED STOCKTON PD OFF CAMPUS

2-21-10

SPD requested officer assistance at an off-campus party with Pacific students. Officers responded and reported approximately 100+ in attendance. Officers assisted clearing the apartment complex.

### ALCOHOL ARREST SIGMA CHI

2-21-10

Officers responded to a report of a possible intoxicated male subject. Officers made contact and reported subject was alert and conscious. Subject was left in the care of a sober roommate.

### NARCOTICS ARREST PUBLIC SAFETY

2-21-10

Officers conducted a checkout on a male subject outside of the department. Officers cited the subject for possession of a hypodermic syringe. Subject was cited and released.

### NOISE COMPLAINT DAVE BRUBECK

2-21-10

Officers responded to a report of a loud party. Officers requested partygoers go inside and keep noise down.

### ANNOYING CALLS PUBLIC SAFETY

2-21-10

Victim came into DPS to report receiving annoying calls. Officer initiated a report.

### AIDED STOCKTON PD PERSHING AVE

2-22-10

SPD aired a report of a vehicle that hit the bus stop at Larry Heller and Pershing. Officers checked the area and located the vehicle at Stagg High. Driver hit a city park bench and University tree and was turned over to SPD.

### CASUALTY BIO SCIENCES

2-23-10

Officers and medics

responded to a report of a female having difficulty breathing. Subject was transported via ambulance to a local hospital.

### WEAPONS MONAGAN HALL

2-24-10

Officer conducted a checkout on a male subject. Subject was arrested for possession of a knife near school and possession of drug paraphernalia. Subject was transported to the county jail.

### CASUALTY

LOT 12

2-24-10

Officer and medics responded to a report of an ill male. Subject was transported via ambulance to a local hospital.

### BURGLARY MONAGAN HALL

2-24-10

Victim reported her laptop stolen from a friend's apartment that was left locked. The friend had his room key taken from an unlocked locker earlier in the day. Officer responded and initiated a report.

### ALCOHOL ARREST MCCAFFREY CENTER

2-25-10

Officer conducted a checkout on a male subject who fled from them. Subject tried to hide and was arrested at 8:09 PM for public intoxication and transported to the county jail.

### NARCOTICS ARREST PERSHING AVE

2-25-10

Officer conducted a checkout on a male subject. Subject was arrested at 9:55 PM for possession of a controlled substance and transported to the county jail.

### SUSPICIOUS INCIDENT PERSHING AVE

2-27-10

Staff reported a female sitting on the sidewalk with her head down. Officer responded to check on the female. Officer reported the female was an

adult and did appear to be intoxicated.

### DISTURBANCE

LOT 1

2-27-10

Officer conducted a checkout on a male subject. Subject was cited for public urination.

### ALCOHOL ARREST GRACE COVELL

2-27-10

Officer responded to a report of an intoxicated male subject who was found naked in the men's restroom. Officer located the subject who was arrested for public intoxication and transported to the county jail.

### FIELD CHECKOUT KNOLES HALL

2-27-10

Officers conducted a checkout on a suspicious male subject. Subject was interviewed and officer learned he was on active parole.

### VANDALISM DEROSA CENTER

2-27-10

Officer responded to a report of a pried cash register. Officer initiated a report.

### CASUALTY MAIN GYM

2-27-10

Officer and medics responded to a report of a male subject who was injured while playing basketball. Subject declined medical.

### WARRANT ARREST HEALTH SCIENCES

2-27-10

Officer conducted a checkout on a male subject going through the dumpster. Subject was arrested at 6:50 PM on an outstanding warrant and transported to the county jail.

### NOISE COMPLAINT DAVE BRUBECK

2-27-10

Officers responded to a report of loud music. Officers made contact and advised accordingly.

# Admissions Continue to Rise at Pacific

**Seema Ghatnekar**  
Managing Editor

The number of applications for admission to the University of the Pacific has risen significantly over the past few years. From 5450 freshman applicants in 2008 to 14,970 in 2009, Pacific has seen a peak at 18,324 freshman applicants for the school year beginning in August 2010. According to Associate Provost for Enrollment, Robert J. Alexander, Pacific has already sent out 4,000 admission offers.

Alexander describes Pacific as "a place with exceptional professors [who deliver] a more personal, student-centered learning experience," which is becoming more recognized amongst prospective students and their families. Pacific has been gaining credibility, and admission into the university

is becoming much more competitive. Alexander states, "When I arrived, Pacific was admitting nearly 70% of freshman applicants, and last year we only admitted 42%; this year will likely be even less." Along with the increase in applications, the admissions committee is seeing a rise in the average SAT scores and high school grade point averages of those who are being admitted.

In regards to applications for pre-dental and pre-pharmacy student programs, he explains that admission into these programs becomes more competitive every year. The applications for these prospective students are still under review, and he compares this admission process to that of an Ivy League university. The number of students admitted into these programs generally stays constant, resulting in no

See ADMISSIONS, page 3

## G.I.V.E. Competition

We highly encourage members of the organizations to log their hours on Reach Out Online at [www.pacific.edu/reachout](http://www.pacific.edu/reachout) in order to earn credit for their endeavors! If you are interested in being part of the GIVE Competition please contact Stephanie Labasan at [cci@pacific.edu](mailto:cci@pacific.edu) or 209-946-2444.

Below you will find the top 6 organizations with the most hours of community service logged on Reach Out Online. Keep logging those hours and be sure to submit your organization rosters to CCI in order to qualify for the "Most Hours per Member" award. The last day to log your hours towards the GIVE Competition is Monday, April 12.

-April 12: Last Day to Log Hours for Reach Out Volunteer Celebration

-April 27: Reach Out Volunteer Celebration

### Reach Out Groups Competition Rankings

Organization	Hours Logged on Reach Out Online (as of March 1)
Alpha Phi Omega	992.25
Sigma Chi	514.75
Alpha Phi	405
Circle K	227
Gamma Alpha Omega	202
Omega Delta Phi	128



# President Proposes Higher Tuition Rate Increase

**Eibeck Said Increase is Needed to Fill Budget Gaps**

**Alex Ruano**  
Editor-in-Chief

Tuesday evening in the DeRosa University Center Ballroom, President Pamela Eibeck held a presentation about a proposed increase to the annual tuition for students that will go into effect for the 2010-2011 school year. Eibeck focused the presentation on justifying the reason for the proposed tuition increase.

Eibeck began the presentation stressing that the numbers shown are just recommendations for next year's budget, of which tuition is a part. Nothing is official until April when Pacific's Board

of Regents meets to solidify and approve the budget. Eibeck also added that she and other school officials will use the three to four weeks before the Regent's meeting to continue to improve the proposed recommendations.

Currently, Pacific is backed by a comparatively small endowment. As of this printing the school has \$160 million in an investment account that serves as Pacific's sole endowment.

Eibeck said, "We are a very lean university." She added that the small endowment forces Pacific to be dependent on the tuition collected from students to fund numerous departments,

colleges and projects around campus.

Eibeck's current proposal will increase tuition from \$32,230 per academic year to \$34,132. The increase totals to \$1,902 compared to last academic year's increase of \$1,350. This increase will affect undergraduate, graduate and pharmacy students.

Pacific usually increases tuition 5.5 to 6% annually, but Eibeck said a higher percentage increase is needed in order to keep the school adequately funded. She said the increase will help fund an increase in financial aid available and address budget gaps.

Eibeck's idea for financial

aid is to increase the amount available to "maintain access" to Pacific. The budget gaps mentioned include improvements to academics, expanding facilities at Cowell Wellness Center, remodeling or rebuilding of residence halls, renovations to one of Pacific's Greek houses, the McCaffrey Center remodeling project and other building improvements.

Currently, 90% of freshman at Pacific receive some form of financial aid. Vice President of Student Life Elizabeth Griego said the majority of students with financial aid will not feel the impact of the increase. Scholarships are available through most of the colleges on

Pacific's campus that also offset the cost of tuition.

Students are automatically screened for and offered most scholarships through the Financial Aid Office when applying for financial aid. Other scholarships that require applications or outside work are advertised through e-mail to the select number of students who qualify.

Associate Provost for Enrollment Robert Alexander said Pacific is working on compiling a readily available list of all scholarships. This will ensure students know about and can apply for a scholarship they feel they qualify for, regardless of an e-mail invitation.

## ADMISSIONS, continued from page 2

"need to adjust the number admitted."

When asked the reason for such a dramatic increase in applicants, Alexander explains that it was due to a lot of hard work: "My team in the Offices of Admission, Financial Aid, and Registrar have been working hard to implement a new recruitment/enrollment

plan that increases awareness and interest in Pacific. When I arrived a year and a half ago, Pacific was considered a 'well kept secret,' so we decided to get the word out!"

The last day to apply to Pacific was Feb. 15, and accepted students must declare their intention to enroll by May 1.

## Final Provost Candidate to Be Introduced

**Andrew Mitchell**  
News Editor

The second and final candidate for the position of University of the Pacific Provost will be introduced to the Pacific community formally this afternoon. Dr. Kathleen H. Rountree will appear at 4 pm today in the Grace Covell Dining Hall. Rountree is

currently the Provost for Ithaca College in New York.

A busy itinerary was scheduled for Rountree as she visited all three Pacific campuses this week, meeting with deans, vice-presidents, and the provost search committee.

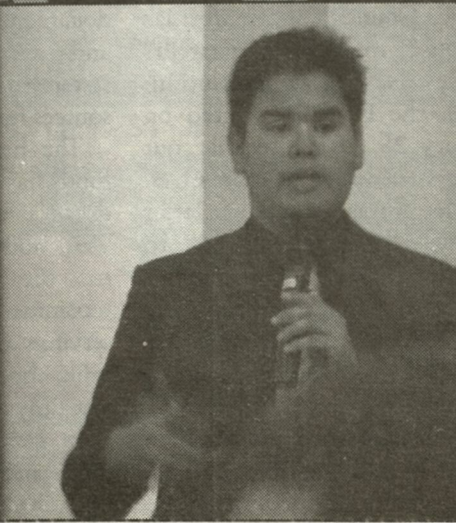
Rountree is a Doctor of Music from Florida State University. She holds a Masters and a Bachelor's in music and has been a professor since

1976.

Pacific originally selected four finalists to replace Dr. Phil Gilbertson as provost. One has since taken another position, one withdrew for personal reasons, and the other, Dr. Alison Morrison-Shetlar, visited the campus last week. Rountree is the final candidate to visit before the Board of Regent's votes to select the next provost later this semester.

## Photos from the ASuop Presidential Debate

(Clockwise from right) Presidential candidate Kerry Robinson, Presidential candidate Joshua Espejo, Presidential candidate Ruben Moreno and his vice president candidate Lauren Short, Vice President candidate Nancy Nguyen, and President candidate Nathan Quist.





# PERSPECTIVES

## The Dreaded Tuition Increase

**Ally Mengarelli**  
Perspectives Editor

On Tuesday, President Eibeck hosted a meeting in which she addressed the possibility of a tuition increase at Pacific. Although I admire Dr. Eibeck for coming forth to discuss the issue before the actual vote in April, I was incredibly dissatisfied with her presentation. For starters, she failed to answer opposing questions, responding to them with a summary of what she had already proposed. Unfortunately, this made her appear less genuine. When she began presenting information on what the increase in tuition would go towards, the overall plan seemed vague and slippery. Sure, her propositions were framed nicely, but they became less reassuring as she kept reminding us that, "We want to do this with the funds, but we

might not."

While I understand President Eibeck has successfully worked towards making financial aid more accessible to students, I can't help but doubt the entire goal of this particular proposition. After all, President Eibeck began her discussion with the sentiment that "college is a critical investment in your future." Wouldn't raising the cost of tuition make this experience less accessible? Insufficient funds and the promise of a life in debt (for all those loans) are two huge deterrents that enable many from receiving an education. Yes, financial aid is more accessible, but it isn't available to all.

Another factor she failed to incorporate was that even though she had made financial aid more accessible, the numbers of students receiving such aid

increased in large part to the increase in incoming students.

Rachael Freeman, senior at Pacific, supports President Eibeck's decision: "We want to be known as a prestigious university and raising tuition seems like a good first step to raising prestige. Being known for best value isn't exactly the best thing to be known for."

President Eibeck added to this sentiment as well, stating that Pacific has lower tuition costs than other private universities (those with higher tuitions were University of San Diego, Pepperdine, and University of San Francisco). What she didn't take into account is that these universities are located in a much more desirable living area, making the cost of living higher. This definitely plays a role in

see TUITION, page 6

### THE PACIFICAN Spring 2010

Advisor Prof. Dave Frederickson	Business Manager Ruben Moreno
Editor-In-Chief Alex Ruano	Advertising Manager Dipen Pattni
Managing Editor Seema Ghatnekar	Advertising Representatives Viviana Millan
News Editor Andrew Mitchell	Office Manager Andrea Soto
Perspectives Editor Ally Mengarelli	Circulation Manager Justine Speegle
Lifestyles Editor Vivian Lee	Circulation Staff Patrick Ting Illa Thomas Cierra Reed
Sports Editor Rachel Freeman	Website Administrator Caitlin Vo
Layout Editor Vivian Lee	Web Communications Rachel Freeman

Phone: (209) 946-2115

Fax: (209) 946-2195

Mailing Address:  
The Pacifican  
3601 Pacific Avenue  
Stockton, CA 95211  
pacificaneditors@pacific.edu

Office: Across from Southwest Hall Courtyard  
Meetings Every Thursday  
Knoles Hall 212 12 p.m.

Interested in advertising?  
Contact [pacificanads@pacific.edu](mailto:pacificanads@pacific.edu)  
All advertising submissions must be in each  
Monday by 5 p.m. unless otherwise negotiated.

#### EDITORIAL POLICY

Editorial comments reflect the views and opinions of the majority of the Pacifican editorial board, unless personally signed. The views of the Pacifican are not reflected in advertising, letters to the editor, or in any articles.

The Pacifican reserves the right to edit all submitted materials for length, factual information, libel, and clarity. All letters to the editor must have a verifiable signature, address, phone number, and email address.

## LETTERS TO THE EDITOR

To the Editors of The Pacifican,

I wanted to commend you for your news article regarding the LGBTQIA Conference. I felt it was a nice article not just because you quoted me but also because I had no idea Mr. Bill Jones was that important. I knew he had a story but I didn't know he was THAT special. I really wanted to commend your staff for their journalistic work in bringing out more of Mr. Jones' back-story. I am both glad and proud to be a part of a campus with such illustrious LGBT alumni.

Respectfully,  
Roy Lee

Editor's Note:

The Pacifican is offering the Dairy Council of California's response to Ally Mengarelli's article "New Year Resolution: Ditch the Dairy!" (printed on January 28, 2010) so that our readers can decide for themselves. This letter was not sent as a letter to the editor, but directly to President Eibeck. We thank her and her staff for passing the letter onto us for our readers.

Dear Ms. Eibeck:

I was astonished and appalled when I read the January 28,

2010 Pacifican article "New Year Resolution: Ditch the Dairy!" by Perspectives Editor Ally Mengarelli.

I understand that the Pacifican is a student-run newspaper and that journalism is only a small part of the University's communication division. However, I was dismayed to see many inaccurate statements and crude language appear in the official publication of an accredited university.

As a registered dietitian, nutrition education specialist and representative of California's dairy industry, I feel strongly compelled to respond to some of the most egregious statements in Ms. Mengarelli's opinion piece. I have enclosed a separate document that seeks to clarify and correct some of those statements with responses and sources for further information.

The health benefits of dairy foods have been documented by decades of nutrition research. This body of science has led to the Dietary Guidelines recommendation of three servings of low-fat and fat-free milk, cheese or yogurt as part of a healthy diet.

In general, the role of fluid milk and milk products like

cheese and yogurt in a healthy diet has long been established by the nutrition and science community. This includes the Surgeon General, the National Institutes of Health, the American Medical Association's Council of Scientific Affairs, the National Osteoporosis Foundation, the School Nutrition Foundation and many others.

I spent some time reviewing the Pacifican's editorial policy, which states in part that "the Pacifican reserves the right to edit all submitted materials for length, factual information (sic), libel, and clarity." Indeed, this article goes far beyond opinion. Many of the statements in this article are injurious to the reputation of California's dairy farmers and milk processors, and they do a disservice to the health of the students of the University of the Pacific.

In the future, I sincerely hope you hold your students and faculty to a higher journalistic standard for the Pacifican.

Sincerely,

Peggy Blitz  
Chief Executive Officer  
Dairy Council of California

See the continuation on page 8





# 1,000 Troops Dead in Afghanistan—How Many More Will Follow?

**Christiana Oatman**  
Staff Writer

After 9 years of combat, 1,000 soldiers have died in Afghanistan. When I discovered this number, I desperately wanted to be shocked and angry, however, I couldn't muster the emotion. I'm a history major; I frequently read about thousands of soldiers dying in just one battle—only a thousand dying in nine years, then, seems like a great accomplishment in comparison. But with President Obama's announcement in December that he plans to send 30,000 troops in Afghanistan, the war is growing larger by the day and will soon lead to even more military and civilian deaths.

Despite the fact that the number of newly-deployed and soon-to-be deployed troops is

smaller than the increases the military originally requested, many liberals feel betrayed by Obama's decision. During Winter Break, about a week after Obama's speech, I went to Berkeley, and saw anti-Obama bumper stickers everywhere, many sounding just as angry and bitter as the anti-Bush posters and bumper stickers that were rampant in the Bay Area for years. Tea Party members and far right Republicans have been mocking and insulting Obama with signs and bumper stickers for months now, but the stickers in Berkeley weren't protesting the growing budget deficit (which was inherited from Bush), implying Obama isn't an American citizen (which is a ridiculous disproven claim) or accusing Obama of being a socialist (yet another ridiculous claim). The bumper

stickers angrily protested the troop increases, even drawing comparisons between Bush's gradual military expansion and Obama's announcement.

So what can Obama do?

The most obvious solution is withdrawal. In the same speech announcing troop increases, Obama asked NATO allies to consider increasing their troops too. Despite this, the Dutch government recently announced it will withdraw almost 2,000 troops from Afghanistan by December. According to *Time* magazine, "European nations are growing increasingly hostile to the war in Afghanistan, and many have dragged their feet over Obama's appeals for more troops to join the surge." Many argue that if the United States, or even countries like the Netherlands, pulled out all their troops

chaos and make the United States and its allies look irresponsible.

However, the wars in Afghanistan and Iraq are already some of the longest and most controversial in American history. Troops were originally sent to Afghanistan to fight the Taliban, particularly Osama bin Laden, and avenge the 9/11 terrorist attack. But it's been 9 long years, bin Laden is in hiding in Pakistan and none of the military's goals have really been accomplished. March 2009 CNN polls indicated that 64% of Democrats and 51% of the country oppose the war in Afghanistan. A year later, these numbers only continue to rise.

Similarly to Obama, President Lyndon Johnson infamously ordered large troop increases throughout the Vietnam War. "When Johnson assumed the presidency, there were 16,000 troops in Vietnam. When he left there were more than 500,000," historian

William Chafe wrote. The large number of troops, however, was a contributing factor in the quagmire of Vietnam; the war dragged on with the Viet Cong outnumbering and overpowering the United States no matter how many new troops were brought in.

The main reason why we study history is to learn from the past or else we are doomed to repeat it. Despite Johnson's passion for social reform programs like Head Start, Medicare, the Civil Rights Act/Voting Rights Act and the War on Poverty, Johnson's legacy is marred by the Vietnam War and the anti-war movement which shouted chants like "hey hey LBJ, how many boys have you killed today?" While Obama's approval ratings have dropped considerably since his inauguration a little less than a year ago, he still has time to get us out of Afghanistan and keep his legacy from going the way of Johnson's. Good luck, Obama.

## Celebrities Do the Darndest Things!

**Ally Mengarelli**  
Perspectives Editor

It's no secret that midterms can get a perfectly normal college student down. Life, however, always seems easier when you see somebody else mess up. It's sad, but true, and nothing makes a normie happier than a celebrity malfunction.... fortunately, there's a cornucopia of malaises to choose from! So enjoy this little pick-me-up when you're feeling down and feel free to browse this week's latest and greatest!

ONE: Lady Gaga, who peppers her songs with lyrics like, "I want to take a ride on your disco stick," and "Fluffing with her muffin," announced she was, at present, practicing celibacy. While this isn't exactly a bad thing, it comes as a shock, given her overt sexuality and overt use of sexual innuendos. "I'm single because I don't have the time. You know what? It's OK. Even Lady Gaga can be celibate; you don't have to have sex to be loved. If you can't get to know them, you shouldn't have sex with them. Orgasms are the biggest obstacles for women. Sex should be fun, beautiful and colorful, but women get the short end of the stick. We're just receivers. We can't talk about sex, we can't sing about sex." Although I applaud her efforts, it just seems uncharacteristic of her. Her music basically seethes sex. (And how's she going to write about it when she isn't getting it, hmm?)

TWO: Amy Winehouse is back with ex-husband Blake which can only mean two things: 1) We might see a revival of Amy's mouse-puppet show (if you don't know what I'm talking about search it on YouTube...it's like a bad acid trip) and 2) We probably

shouldn't bother expecting another record from her. Let's face it, the two are poison together; odds are, she's on crack again.

THREE: It seems Charlie Sheen has finally found his match: Brooke Mueller-Sheen entered rehab for crack addiction. Her two twin babies are living with her on rehabilitation center.

I just have one question: is anybody else surprised by her drug of choice? That she went to rehab for crack? CRACK??? Can't she afford a better drug? I mean, last time I checked she lived in a spacious home, not a portable with four wheels. Come on Brooke, you're better than that...I mean, at least Amy LOOKS like she's on it...(I bet she hides her paraphernalia in her hair). I mean, Brooke is WHOLESOME, what with her shapely nose and combed hair.

FOUR: The New York Post reported that catwalk legend Naomi Campbell assaulted a chauffeur this afternoon. When the driver called the police, Ms. Campbell fled the car and ran down the street! Apparently, the police have little else to do than twiddle their thumbs and play H-O-R-S-E with the inmates, because they are presently assembled to find the very dangerous Naomi Campbell. (Not like New York has a higher crime rate or anything—a malnourished and very agitated celebrity with razor-sharp nails is on the loose)

FIVE: And in other news, Jennie 'JWow' Farley (of the late Jersey Shores) got her breasts enlarged AGAIN. Her silicone to natural tissue ratio currently stands at about 80:10 (the other 10 is some strange mutant tissue only fake Italians have.) ((Not really.))

# WHIRLOWS

## TOSSED *and* GRILLED

Lincoln Center & Miracle Mile  
466-2623

### ♦ Nightly Dinner Specials

<p><b>Monday</b> Soup &amp; Salad \$7.95</p>	<p><b>Wednesday</b> 20% to your Favorite charity</p>	<p><b>Friday</b> Prime Rib Dinner \$13.95</p>
<p><b>Tuesday</b> Salads 1/2 Price</p>	<p><b>Thursday</b> Sandwiches 1/2 Price (Hamburgers excluded)</p>	<p><b>Saturday</b> FREE Fries or Glass of Wine (with purchase of entree)</p>

Mon-Sat 11am-8pm • Catering • Dinner & Lunch To-Go 474-1866

\$1 OFF - \$1 OFF - \$1 OFF - \$1 OFF - \$1 OFF - \$1 OFF - \$1 OFF

Have a  
*Yogurt My Way*  
Party!

Nutcracker  
Sweetie  
Valentine's Day  
Candy & Gift Basket

211 Lincoln Center • Stockton, CA, 95207 • 474-1010

\$1 OFF - \$1 OFF - \$1 OFF - \$1 OFF - \$1 OFF - \$1 OFF - \$1 OFF

*Yogurt My Way*

Self Serve Frozen Yogurt  
Endless Toppings • Bulk Candy

\$1 OFF

Good for any purchase of \$4 or more.  
One coupon per person, per day.  
One cup per person



## Bon Appétit Rumors- Are They True?

Viviana Millan  
Staff Writer

What can be said about the infamous Bon Appétit? Most students are familiar with this company by the food that is served in our very own De Rosa University Center, The Grove, Calaveras Café, and so on.

There has been a rumor amongst the workers and staff that this particular catering company has received 3 out of 4 warnings from the either the FDA-Food and Drug Administration- or some other kind of company that regulates the quality, cleanliness, and overall safety of the products being served to students.

Based on the information that one worker told me, most of the regulation violations occurred in the sandwich station. Many workers have been observed to not change their gloves as often as they should, causing cross contamination. Open dirty water is present, and the rag situation is atrocious.

If a person observes closely, the same rag is used almost every time when a worker goes to clean off a knife before they conveniently slice into the awaiting customers sandwich. The problems in this station can be blamed on a select group of employees, not everyone who works for Bon Appétit is to blame for these mishaps. Similar problems also have occurred in The Mexican food station.

Another place to blame for not being sanitary is The Grove. Speaking from personal experience, there was one occurrence where the chocolate syrup solution grew an island of green mold in the frozen yogurt machine. Unbeknownst to any of the workers of this enormous problem, the frozen yogurt was

served until its discovery several hours later.

Apparently the employee assigned with the responsibility of cleaning the machine was out sick, and understandably could not come by and clean it. However, for mold to build up to the size that it did without anyone noticing is shameful.

Other issues in The Grove used to include the temperature of the freezers, expiration dates, and above lazy student federal work-study workers. Lesson learned: always check the date on the milk; most likely it's passed due, due to the fact student workers often fail to check.

Bon Appétit has also experienced mishaps when many students fell victim to food poisoning. Several of these cases happened in The Lair, and a past student worker partly blames the students. He states, "Most of the time many students don't understand why their food is taking so long. In order to speed of the process of cooking, for example hamburgers, were cooked on the outside however were raw in the middle thus causing food poisoning".

Another high time for food poisoning occurred sometime last year when the chicken in The Mexican food station was slightly raw, however the flavor of the sauce masked the raw taste. Once again, several students were poisoned.

So what can be said about the employees for Bon Appétit? In their defense, I know that many are exceptional workers and great people. On a daily basis they work to do their best to serve us because, believe it or not, they love us. However, a select few are giving Bon Appétit a bad name and causing havoc amongst each other.

## Palin: Disability Rights Advocate?

Christiana Oatman  
Staff Writer

Sometimes, I wish Sarah Palin would just shut up.

As matter of fact, I feel bad about giving her ridiculous opinions even more attention by writing this article. It seems that no matter how talk and write about her, no matter how negatively, the more she's in the public spotlight. Since the 2008 election, she has resigned from the Alaskan governorship, "written" a memoir, become a pundit on Fox News and delivered a speech at the Tea Party convention. I don't see Biden in the papers nearly as often, and he's the guy who won the vice presidency.

But Palin has taken this public spotlight and run with it to make herself look and sound like a disability rights advocate.

This Valentine's Day, the popular animated comedy, *Family Guy*, aired an episode that featured a Down syndrome character, Ellen, who goes on a date with a regular character, Chris. Chris asked his date what her parents do for a living and she responded, "my dad's an accountant and my mom's the governor of Alaska."

Sarah Palin, who has a young son with Down Syndrome, and her daughter Bristol, immediately responded on Facebook. In their response, they wrote that the episode felt like a "kick in the gut" and called the *Family Guy* writers "heartless jerks."

I really doubt, though, that Sarah Palin watches *Family Guy* very often. If she did, she would know that *Family Guy* mocks every group and type of person imaginable, often with more bite than the "my mom's the governor of Alaska" joke.

I would dismiss this as just another example of Sarah Palin throwing a fit for publicity and try to ignore it, if Andrea Fay Friedman, the voice actress who played Ellen, hadn't given such a great

response.

"I'm not making fun of Down Syndrome people..." Friedman said in an interview with *The Insider*. "She has no right to say that. It would be nice if she had a sense of humor. It was only a joke... she could laugh once in a while instead of being serious. What's wrong with being funny?" Friedman also criticized the way Palin often uses her son, Trig, for political advantage.

"Don't treat him like a loaf of bread," she said, "he needs a normal life, like I have...she [uses Trig] because she wants to have more votes. And that's not right."

Friedman is spot on with her assessment of how Palin uses her son. Palin constantly mentions Trig in situations like the *Family Guy* critique and in her pro-life arguments. Sometimes it seems as if she talks about Trig so much in order to justify her decision to not abort him when she discovered he had Down Syndrome. Raising any child is difficult, but raising a child who needs so much extra care and attention is extremely difficult.

As a feminist, I support Palin's decision to be a working mom. She has five children, including Trig, and an infant grandchild and she still finds the time to be in the spotlight and gets paid for her opinions. While I don't agree with anything she says and find the way she prides herself on her children and their struggles exploitative, she still has the right and responsibility to earn money for herself and her family.

It seems that she is more active when she isn't in office—now that she is no longer governor of Alaska she seems to thrust herself further into the public spotlight. Perhaps if she found a way to balance a career and spend more time with her children, it would improve her as a person and mother and it would help Trig, as Friedman put it, "live a normal life."

## TUITION, continued from page 4

determining tuition costs.

Plus, tuition at Pacific has raised a total of \$1902 a year since 2008. If we keep at this rate, no one will be able to afford college.

Alas, I do think there are some benefits for raising tuition, some of which President Eibeck provided; however, after attending Dr. Eibeck's discussion I remain on the side against such measures. This is not only because raising tuition in a recession seems more a deterrent than means for motivation, but because I feel President Eibeck did a poor job in her persuasion and that her evidence contained a few discrepancies, given its failure to address relevant factors. Had President Eibeck addressed these

issues without answering possibly disagreeable questions with repetitive, overt rhetoric, I might have felt a bit more at ease with the notion. Such actions acted in opposition to such efforts, though, because it made me question if information was being withheld.

As for raising our prestige, does it really have to be done through money? President Eibeck stated that she hoped for future graduates to be able to present their diploma to an interviewer and have the university be recognized for its outstanding reputation. Surely, we don't have to pay our way to get there—since when does being the smartest mean that you paid the most for your education?

### Answers to puzzles on page 9

1	9	8	2	3	6	5	4	7
5	4	6	7	8	9	2	3	1
2	3	7	4	5	1	8	9	6
9	1	5	3	7	8	4	6	2
7	8	2	9	6	4	3	1	5
3	6	4	5	1	2	9	7	8
8	5	1	6	9	3	7	2	4
6	2	9	8	4	7	1	5	3
4	7	3	1	2	5	6	8	9



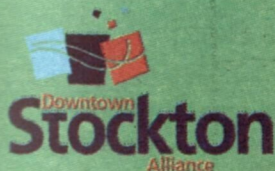
# Celebrate! ST. PADDY'S DAY

## IN DOWNTOWN STOCKTON

### SATURDAY, MARCH 13



- ◆ St. Paddy's Pub CRAWL, 5 pm - Midnight, discounted admission for students, 10 venues, free transportation
- ◆ Steadiest Hands in Stockton Relay for local restaurants, 4 pm
- ◆ Shamrock 5k Run & Walk, 5 pm, register online at [www.onyourmarkevents.com](http://www.onyourmarkevents.com), \$30-\$35
- ◆ FREE Festival: Cabbage Bowling & Bassmasters Elite Series Duel in the Delta, 12 - 5 pm





# The Truth about Milk, Responses to "New Year Resolution; Ditch the Dairy!"

*Continued from page 4*

Despite numerous statements in the recent Pacifican opinion piece, the health benefits of dairy foods have been documented by decades of nutrition research. This body of science has led to the Dietary Guidelines recommendations for three servings of low-fat and fat-free milk, cheese or yogurt as part of a healthy diet. Below are some responses to article statements with references and links to research supporting the important role of milk and dairy foods in the diet.

**Inaccurate Article Statement:** "There is pus (in) your milk"

**Response:** This claim comes directly from a marketing campaign from the People for the Ethical Treatment of Animals (PETA). All milk naturally contains some somatic cells. Milk is tested for somatic cell counts in accordance with the deferral Pasteurized Milk Ordinance. Milk that fails to pass these standards does not go into the food supply. While pasteurization removes most if not all somatic cells, these cells are a perfectly safe part of milk. For more information, please visit:

[www.fda.gov/food/foodsafety/product-specificinformation/milksafety/](http://www.fda.gov/food/foodsafety/product-specificinformation/milksafety/)

**Inaccurate Article Statement:** "Dairy products cause osteoporosis"

**Response:** The bone-health benefits of calcium

and cow's milk have been studied in more than 36,000 research studies over 30 years. This very large body of evidence establishes that adequate calcium consumption throughout life augments bone gain during growth, retards age-related bone loss and reduces osteoporotic fracture risk. For more information, go to The 2004 U.S. Surgeon General's Report on Bone Health and Osteoporosis: What it Means to You ([www.surgeongeneral.gov](http://www.surgeongeneral.gov)), the National Institutes of Health Consensus Development Conference Statement, Osteoporosis Prevention, Diagnosis, and Therapy ([www.consensus.nih.gov/2000/2000Osteoporosis111.html](http://www.consensus.nih.gov/2000/2000Osteoporosis111.html)) or see Heany, RP. Calcium, dairy products and osteoporosis. *Journal of the American College of Nutrition*. 2000; 19:83S-99S

**Inaccurate Article Statements:** "Dairy...contribute(s) to a number of maladies such as acne...obesity, heart disease, diabetes, autism, Crohn's Disease..." and "It is common knowledge in the medical field that dairy is bad for you."

**Response:** Milk has multiple health benefits. In general, the role of fluid milk and milk products like cheese and yogurt in a healthy diet has long been established by the nutrition and science community. This includes the Surgeon General, the National Institutes of Health, the American Medical Association's Council of Scientific Affairs, the National Osteoporosis Foundation, the School Nutrition Foundation and many others.

Furthermore, many of the claims linking milk to wide variety of medical conditions are outdated, inaccurate or skewed. For example, according to the American Academy of dermatology, acne is not caused by dairy or any particular food in the diet. For more information, visit

[www.skincarephysicians.com/acnenet/acne\\_and\\_diet.html](http://www.skincarephysicians.com/acnenet/acne_and_diet.html)

The American Heart Association and the National Heart, Lung and Blood Institute recommend low-fat milk and milk products as part of a healthy diet. In fact,

research shows that the low-fat Dietary Approaches to Stop Hypertension (DASH) eating plan, which includes two to three daily servings of dairy foods and eight to 10 servings of fruits and vegetables, may help manage blood pressure and reduce the risk of heart disease. For more information, visit

[www.nhlbi.nih.gov/health/public/heart/hbp/dash/now\\_dash.pdf](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/now_dash.pdf)

According to the Juvenile Diabetes Foundation, there is no compelling evidence to suggest that drinking milk increases the risk of developing type 1 diabetes in children or adults. Additionally, a study in the *Journal of the American Medical Association* found that higher dairy consumption among overweight young adults may protect against the development of obesity and insulin resistance syndrome, and may reduce the risk of type 2 diabetes and cardiovascular disease. For more information, visit

[www.jdrf.org](http://www.jdrf.org) or [www.diabetes.org](http://www.diabetes.org)

Autism is a complex development disorder and its cause is still not known. A 2008 scientific review recommended against the use of exclusion diets as standard treatment for autism. The best-studied therapies for autism include educational, behavioral and medical interventions. (Millard C, Ferriter M, Calver S, Connell-Jones G. Gluten- and casein-free diets for autistic spectrum disorder. *Cochrane Database of Systematic Reviews* 2008; 2:1-22.)

Additionally, there is no consensus about what causes Crohn's disease. Both the Crohn's and Colitis Foundation and the American Gastroenterological Association say that no particular foods cause or contribute to Crohn's disease. For more information, see

[www.cdfa.org/info/diet](http://www.cdfa.org/info/diet)

**Inaccurate Article Statement:** "Milk is not a reliable source of minerals due to pasteurization."

**Response:** Pasteurization is a simple, effective method to kill harmful pathogens. It does not affect the nutritional value of milk in any meaningful way. Pasteurized milk is an excellent source of calcium and vitamin D, and is a good source of potassium, protein and vitamin A. For more information on pasteurization, please visit

[www.fda.gov/food/resourcesforyou.consumers/ucm079516.htm](http://www.fda.gov/food/resourcesforyou.consumers/ucm079516.htm)

For more information on the role of milk and dairy foods in a healthy diet, please visit Dairy Council of California

[www.dairycouncilofca.org](http://www.dairycouncilofca.org)

## Who's Pat?



**PACIFIC ALUMNI ASSOCIATION**  
[www.pacificalumni.org/whosPat](http://www.pacificalumni.org/whosPat)

## Get Out and Vote!

ASuop Elections close at the end of today!

Go to [asuop.pacific.edu](http://asuop.pacific.edu) to vote!

If you are unable to vote on-line, you can vote in person at the Office of Student Leadership & Involvement Office, (2nd floor DUC) Office today until 5:00 pm.



# LIFESTYLES

## Green Gals get Eco-Friendly Exposure

The Sustainable Living Show with Robin and Marthahhhhhh!!!!



Natalie Compton

**Natalie Compton**  
Staff Writer

The 60s had Woodstock, the 90s had Princess Diana, and now this decade has two green-minded women ready to rock the boat and change the world.

New on KPAC television and radio is "The Sustainable Living Show with Robin and Marthahhhhhh!!!!!" (and yes, the additional Hs and exclamation points are included in the title).

Pacific graduate Martha Valadez and senior Robin Lee have joined forces to form an "outlet for students to become informed of sustainable choices such as conscious consumer purchasing decisions and food

choices," the duo's press release stated.

"I talked to Robin, my partna' in crime, and we thought about our roles in ASuop," Valadez said. "We felt that a show like ours would bring attention to KPAC and strengthen the students relationship to ASuop and KPAC."

This new media venture will provide listeners with an avenue to gain knowledge of progressive steps they can take to live greener.

"I thought how cool would it bring to talk about sustainability and introduce people to the various components of sustainability," Valadez said.

More sustainable students

means more lucrative opportunities for local eco-friendly entrepreneurs.

"The Sustainable Living Show with Robin and Marthahhhhhh!!!!!" will "promote under-represented green businesses and shopping locations in Stockton," as well as expose Pacific students to novel places to discover.

Buying products can be pricey, but the duo knows about the woes of the cash strapped consumer and has done its research.

"We want to show you the greater things in life like tasty vegan treats, the best place to get a 'fit under five dolla's, and how to be sustainable on a small college student budget!"

Lee and Valadez hope not only to reach as many people, including Stockton community members, as possible, but inspire action as well.

"We want to open up a dialogue between students and community members," Valadez said. "Our secret master plan is to get students off campus and involved!"

The environmentally aware episodes air Mondays at 8 pm on KPAC TV, KPAC radio station 91.9 and [www.kpak.pacific.edu](http://www.kpak.pacific.edu). For more information, visit their Facebook group.

## Lent: Forty Days of Suffering?

**Natalie Compton**  
Staff Writer

It's that time again; everyone put down your Fritos and stop your cursing—Lent is upon us. For approximately 40 days, people around the globe will be suffering in the name of the Savior.

Pacific students are joining in on the challenge of Lent. Many are giving up certain foods for the occasion.

"I want to be a good Catholic," freshman Courtney Durler said. "I haven't been to church in a few years, so I'm making up for it by giving up meat."

Others are keeping their mammals and tossing their sweets.

"I'm giving up desserts," freshman Kelsey Clark said. "They make my tummy hurt, but they taste so good."

McDonalds, KFC and their counterparts may be seeing a decline in sales for the duration of this sacred period.

"I'm giving up fast food because I eat too much of it, and it's taking a toll on my budget," senior Chris Rehm said.

Not everyone goes for the dietary approach.

"I'm giving up swearing because it's a bad habit," freshman Sophia Hoang said. "I want to be more ladylike."

Some students are looking beyond themselves and reaching out to others.

"I've decided to be mores

supportive of my friends and their aspirations for Lent," sophomore Tim Allen said.

But Lent isn't for everyone.

"I gave things up all throughout high school," freshman Corey Robello said. "I've paid my dues."

For those who could not decide what to deny themselves of, churchyear.net was there to help with a convenient list of possible things to omit for the period. The list included such activities such as blogging, driving, smoking, watching television, and using credit cards.

Peace be with those who have taken the plunge; it's only a matter of time before meat and mischief resurrect. Godspeed.

## SUDOKU

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

		3	1	2				
6							5	
8								4
			5			9	7	
		2	9		4	3		
	1	5			8			
2								6
	4							1
				3	6	5		

Answer on page 6

## NOW PLAYING AT THE PACIFIC THEATRE

March 18-  
March 20  
Sherlock Holmes

March 25-  
March 27  
It's Complicated

## Can a diet help flatten your stomach?



It's almost Spring Break, and that means its one more week closer to summer and bathing suit season. Nutricat has received lots of questions lately about the Abs diet; here Nutri sets the record straight:

The Abs diet, which was originally targeted to men, claims to flatten your stomach, help you live longer and improve your sex life. Wow! That's a lot of promise from an eating plan.

The diet also promotes 12 "power foods": almonds, beans, spinach, dairy, oatmeal, eggs, turkey, peanut butter, olive oil, protein, and berries. In addition to selecting these foods at every meal, 6 small meals a day are recommended with an average caloric intake of 1700 calories.

Nutricat, and the ADA are OK with this type of eating plan, a diet focused on whole grain carbohydrates, vegetables, fruits, healthy fats and lean protein. It is also important to note that the Abs diet includes both aerobic and anaerobic exercise, essential in any weight loss or maintenance program. Although the author does make a few claims that are not entirely true, stick to what you know about healthy eating. Nutritious whole foods and exercise are keys to any plan.

Have questions about any other diet?  
Facebook NutriCat!



## SPORTS

## Baseball Wins Second Series



Brett Christopher hit his first career home run this weekend against the Nevada Wolf Pack

Vanessa Connolly  
Staff Writer

The Pacific baseball team won its second consecutive series on Saturday, Feb. 28 against the Nevada Wolf Pack.

Originally, the first game was set for Friday, Feb. 27, but rainy weather pushed the game into a Saturday doubleheader. Game one kicked off at noon, but was delayed for almost an hour due to rain during the sixth inning.

The Tigers trailed the Wolf Pack 1-0 until the bottom of the third inning when junior Matt Carvutto and senior Mike Walker scored after Wolf Pack throwing

errors. Junior pitcher Marcus Pointer held off Nevada for the next two innings. The Tigers however, stretched their lead in the fourth inning, when Walker hit a home run over the right field wall.

Carvutto also scored on the home run. The Wolf Pack trailed the Tigers 9-1 until the sixth inning, scoring one run off two hits and again in the seventh with one run off four hits. Junior Brian Martin batted in Longmire during the seventh with a double to center field. Nevada rallied for three hits during the top of the eighth, but fell to the Tigers 11-6.

The second game of the series began with clearer skies and a immediate run by Nevada. After two quick innings, sophomore Brett Christopher hit a home run to right field. Tied 1-1, Nevada scored two runs off two hits to take a 3-1 lead in the fifth inning.

The bottom of the fifth inning was the highlight of game, with a total of five runs for the Tigers. Senior Matt Fuson batted first, hitting a home run to left field. With the bases loaded, senior Joseph Oliveira hit a triple and scored after a throwing error to bring the Tigers

to a 6-3 lead. The Wolf Pack scored one run in the sixth inning, but were unable to take a lead. The 6-4 win gave senior pitcher David Rowse his first win of the season.

The final game was the team's first Salute the Troops game of the season. The Tigers donned camouflage uniforms and paused in the seventh inning for the singing of 'God Bless America.' The Tigers were scoreless for the first five innings, trailing the Wolf Pack by eight in the bottom of the sixth inning. Christopher hit a double along the left field line, and scored on a double from Longmire to right field. The seventh inning was scoreless for both teams, followed by two runs in the eighth inning from Nevada off four hits. During the bottom of the eighth inning, freshman Dustin Toricho scored the Tigers' second run. Nevada was scoreless for the final inning, but Pacific was unable to make a comeback, scoring one run in the ninth. The final score was 10-3.

## Intramural Volleyball Power Rankings

## Men's A

1. Spiketown: A new shirt to add to the wardrobe quite soon.
2. Set It & Forget It: Tied for second place but with a win over Kappa Psi, we could see them in the championship.
3. Kappa Psi: They have major hitters and a team chemistry to take them through tough situations.
4. Pike: Could have dominated in Men's C instead of last seed.

## Men's C

1. Imagina: This freshmen team just earned some respect going undefeated.
2. Nick Rummel's Squad: The team name may be cheesy but their skills are far from it.
3. Do U Wanna B on Top?: I guess they do like it on top.
4. Bulldogs: Just barely making the playoffs with a 2-2 record.
5. In Your F-ACE: Not enough aces to advance this team into the playoffs.
6. Set it & Regret it: Well, I guess now they have free time to cheer for their Men's A team.
7. Phi Mu Aphletes: With better passes and serves we may not be seeing this team at the bottom.

## Women's

1. You Got Served: Women's club volleyball, I got some recruits for you!
2. I <3 PT: With midterms over, they're sure to come back energized.
3. KY Sista's: Will have to rally to make it to the championship game.
4. Raymond's Girls: Edging out Theta for the league's last playoff spot.

5. Smack it!: The team just couldn't hold it together to secure a higher seed.
6. MFC: With one volleyball season under their belt, they'll come back next year with some experience.
7. All Stars & Crescent: Weren't able to finish the season due to forfeits, what's new.

## CoRec A

1. Ninja Turtles: These turtles need an A+ league to get any sort of competition.
2. Homonculus This: Should end up in the championship game.
3. Los Ganadores: Ended the season pretty strong being the underdogs.
4. Team Awesome-O: Entering playoffs by default.

## CoRec C

1. Whatchamacallit: Top team entering the playoffs, top team at the end of playoffs.
2. Duh Friends: Ended season with their first loss, but should be strong in playoffs.
3. Team Duh!: Will the reigning indoor champs defend their title?
4. Sidewalk Closed: It's going to be a tough post-season for these guys.
5. Misha's Revenge: Ending the season with an even record shows there is definite possibilities for their future.
6. Colin & Co.: This team kept fighting, but couldn't pull through.
7. Collateral Damage: Not their best season. Better luck next year!
8. Theta Tau: They had fun, that's all that matters!

## Joe Oliveira Lands On The Johnny Bench Watch List For Third-Straight Season

Athletic Media Relations

For the third-straight season, senior Joe Oliveira has been named to the watch list for the 2010 Coleman Company-Johnny Bench Award presented by The Greater Wichita Area Sports Commission. Fifty-three catchers have been selected this year, as nominated by their coaches.

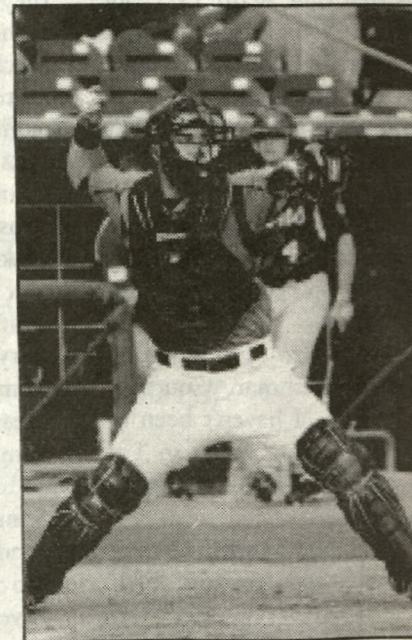
The award is given annually to the top Division I collegiate catcher in the nation and will be narrowed down to 10 semifinalists on May 19, 2010, with the winner of the 2010 award announced during the 2010 College World Series on July 1.

This year, Oliveira is one of three catchers representing the Big West Conference among the 53 players named to the watch list. After earning a medical redshirt last season, Oliveira has returned to form in 2010 as the team's starting catcher. Through only 29 at-bats in seven games started, Oliveira is currently hitting .241 with six RBI. Behind the plate, Joe has picked off two baserunners and has caught five from stealing.

In only 11 games played last season prior to undergoing

labrum surgery, Oliveira hit .258 in 31 at-bats. He finished the 2008 season with an overall batting average of .277 in 201 at-bats, the second-most plate appearances for a Pacific player. Joe paced the team with 24 stolen bases on 28 attempts.

The last time a player from the Big West Conference won the award came back in 2004, when Kurt Suzuki of Cal State Fullerton took home the honor.



Athletic Media Relations



## Last Spanos Victory for Tiger Seniors

**Natalie Compton**  
Staff Writer

The Long Beach State 49ers found themselves in the belly of the beast for their second match-up against the Tigers this season. It was Pacific's last home game and second victory over Long Beach. The evening honored various Tigers who will be leaving Pacific this year.

Stockton native and Super Bowl Champion Lynell Hamilton of the New Orleans Saints attended the Tigers' senior game. Hamilton signed autographs for fans before the game began.

Before tip off, the spotlight was on the basketball team's departing seniors Michael Nunnally, Lavar Neufville, Joe Ford and Casey Neimeyer.

The game was the last time these seniors would play on

their home court.

"I am going to miss this gym, the crowd, playing with my teammates here at home. I mean just the whole Tiger family," Nunnally said. "I'm sad it's the last game here, but at the same I'm happy because we're still playing and have about 5 more games to go."

Though the night reflected on the departing players, Coach Bob Thomason is not saying goodbye any time soon.

"They're not done yet," Thomason said. "I hope we can get them to the NCAA and get a ring for them. These guys have been working hard every year, they're great kids and we will miss them."

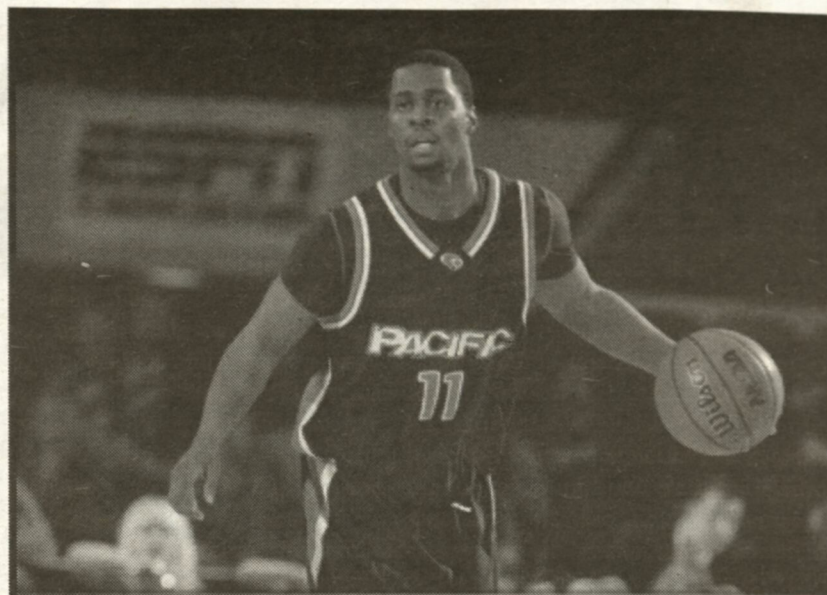
After their half time performance, senior Tiger Dancers Elizabeth Croisetiere, Kari Huber and Alexia Case

were recognized, as well as the school's retiring Provost Phil Gilbertson, who was named an "honorary letterman" of Pacific.

Even "Orange Army General" and senior Thomas McDonald was highlighted for his Tiger spirit.

"I am going to miss the atmosphere at the Spanos Center," McDonald said. "I've been going to games for so long that it has become a second home."

The score was close the entire first half, and at halftime the Tigers were only ahead by 2 points. Throughout the second



Senior Lavar Neufville

Athletic Media Relations

half, both teams battled for the win, but Pacific ultimately prevailed. The Tigers walked away with a 61-51 victory.

Pacific is now on the road to the Big West Conference

Tournament in Anaheim, but before the team travels south, it will play at Cal State Fullerton tonight at 8 p.m. and at Cal State Northridge on Saturday at 7:05 p.m.

The PacificCard Office has just deployed a new kiosk unit up at The Lair. With it, you can order your food from the Lair and pay with your Declining Meal Plan or PacificCash. You can also deposit cash to your PacificCash account at the unit as well, by using the Manage Account button.



## Sports This Weekend

### THURSDAY

Women's Basketball vs. CSUF  
7 p.m.  
Spanos Center

Baseball vs. Seattle University  
6 p.m.  
Klein Family Field

### FRIDAY

Baseball vs. Seattle University  
6 p.m.  
Klein Family Field

Men's Volleyball vs. LBSU  
7 p.m.  
Spanos Center

### SATURDAY

Baseball vs. Seattle University  
2 p.m.  
Klein Family Field

Women's Basketball vs. CSUN  
4 p.m.  
Spanos Center

Men's Volleyball vs. UCSD  
8 p.m.  
Spanos Center

### SUNDAY

Baseball vs. Seattle University  
12 p.m.  
Klein Family Field

## Athletic Training Tip of the Week

### Preventing ankle injuries in sport

Ankle injuries are probably the most common injury when it comes to sports. The injury could be as minor as a grade one sprain or as major as an ankle dislocation. No matter the type of injury suffered, there is significant pain involved. There are two main ways that ankle injuries could be prevented: 1) those are ankle braces and 2) ankle tape jobs. There are a variety of different ankle braces that provide different support against ankle twisting in the form of ankle inversion or ankle aversion. There are also a variety of tape jobs that can be performed in order for certain motions to be stopped that could cause injury.

An individual's preference for either a tape job or an ankle brace varies depending on how comfortable the person feels and how long they may need to support their ankle. Tape jobs are most effective for 20-30 minutes, while ankle braces tend to provide support for a longer amount of time. Considering the types of shoes one wears (possibly with a taller height than usual running shoes) may also be appropriate. No matter which method you use, it is good to use consult your physician for further questions or concerns regarding which type of preventative measure suits one best.

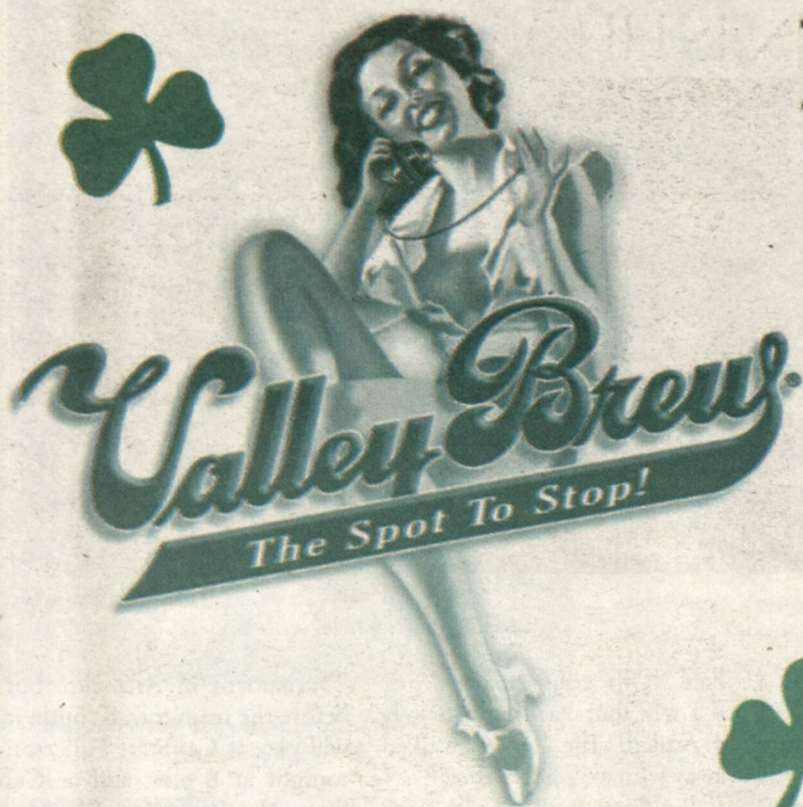
Questions? Concerns? Contact Athletic Training Club President, Antonia at a\_stavrianoudakis@pacific.edu

## Interested in writing for Sports?

Get up close and personal  
with your favorite players!

Email us at [pacificansports@pacific.edu](mailto:pacificansports@pacific.edu)!





**Now Accepting  
Pacific Cash!!!**

**157 W. Adams St.  
464-2739**

**Open 7 days/week  
Lunch - Late Dinners**

**ST. PATRICK'S PARTY ALL DAY!  
MARCH 17 MUSIC STARTS 6:00 P.M.**

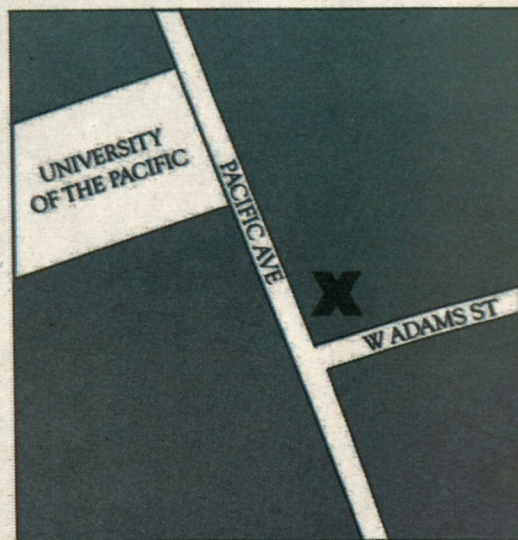
**THE NICK ELWOOD  
BAND**



**March 5  
7:30 p.m.  
"Still Sane"**

**March 21  
7:00 p.m.  
Elvis Impersonation**

**COVER for all events**



**Restaurant/Pub**

**Microbrewery Tours Available**

**Banquet Room -**

**No Charge for UOP events  
Faculty and students**



**JONATHAN MICHELSEN**

